

# First Grade

## Potatoes “The Edible Roots”



### Objectives:

- \*Students learn the nutritional value of the potato.
- \*Students learn different ways in which potatoes are used.
- \*Students participate in a scientific investigation and activity about the potato.

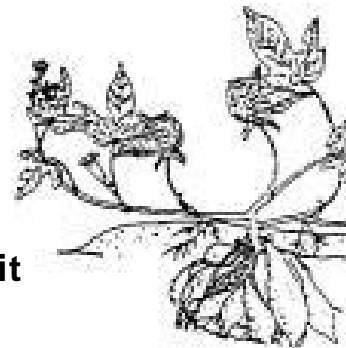
### Materials:

- \* potatoes
- \* small bowl
- \* brown bag

### Teaching The Lesson:

Tell students you have something in your bag that **has:**

- \* eyes all over it, but can't see
- \* vitamin C, minerals, & fiber
- \* white inside
- \* brown skin
- \* green leafy stem
- \* an oval shape
- \* many delicious ways to cook it
- \* an oval shape
- \* many uses



**Ask:** What do you think is in my bag? (if no one guesses, then tell the different ways it is prepared)  
Take potato out and show students.

**Ask:** Where do you think the eyes are?  
Explain that the eyes are the little white growths which are the seed part of the potato (bud) and will grow when it is planted in soil, given water and sunshine.

Discuss what part of a plant the potato is. Some children may be surprised to

discover that it is a root! Explain that potatoes grow underground and that they have to be dug up. Show the children the "eyes" on the potato. That is where little potato sprouts will begin to grow. Poke several toothpicks into a potato so that it can be suspended into a bowl of water. The children will enjoy seeing the sprouts emerge.

Tell students that potatoes are healthy treats. They are good for them because they have vitamins and minerals that help them grow and stay strong. Potatoes are not only used for food but they are used to make **fuel, medicine, paper, dyes** and **starches**.

**Ask** if they remember the other plant we discussed that had many of the same uses as the potato. **CORN**

## Potato Activity:

\* Worksheet "Potatoes, The Edible Roots"

(Have students explain what's happening in the picture.)  
Have students complete the worksheet.)



\*\*\*\*\* Don't forget a Potato Treat\*\*\*\*\*

